Hydrotherapy during labor may help you cope with labor pain. It allows you to labor in a whirlpool type tub of warm water.

Benefits of hydrotherapy may include:
- Feeling more relaxed.
- Having less pain during labor.
- Having a shorter labor.

Risks of hydrotherapy may include:
- Baby’s heartbeat increasing from your body temperature rising.
- Injury from slips or falls.
- Dehydration from being overheated (if the water is too hot).
- Chance of infection for you or your baby (if the tub was not properly cleaned).

There are times that hydrotherapy is not a safe option. These include when:
- You have a fever or infection.
- Medication is being used to induce labor.
- You have had an epidural.
- You weigh more than 250 pounds.
- You passed meconium stained fluid.
- There are any concerns for your baby's wellbeing.

If you choose labor hydrotherapy, you must agree to be checked often to prevent or decrease risks to you and your baby.

Talk with your doctor if you are interested in hydrotherapy for your labor. Your doctor will discuss it with you, answer your questions, and make sure that this is a good choice for you and your baby.